

MANTRA: SACRED WORDS OF POWER

Session One – The Origins of Mantra

The Vedic science of sound • Origins of mantras • Sacred sound in ancient cosmology, Buddhism, Hinduism, Sufism, Christianity • Sanskrit, an energy-based language • Applications of mantras in modern life • The Vedas, the Upanishads, and the Puranas • What Hindu stories and myths reveal about mantras • The Purusha Suktum – “Hymn to the Transcendental Overself” • Vedic rituals and ceremonies • The connection between chakras and mantra practice • Mantras as aids to any spiritual path • More

Session Two – Seed Mantras

The primary seed mantras • SHRIM – Lakshmi / abundance • EIM – Saraswati / artistic and scientific endeavors • KLEEM – Kali / attraction and amplification • DUM – Durga / protection • KREEM – Kali / destruction of evil • GUM – Ganesha / remover of obstacles • The chakra seed mantras • LUM – the root chakra • VUM – the genital chakra • RUM – the solar plexus chakra • YUM – the heart chakra • HUM – the throat chakra • OM – the third-eye chakra • The silent crown chakra • More

Session Three – Karma and Mantras

Seven essential principles of mantra practice • Karma from the Vedic perspective • The four divisions of karma • How we store karma • How mantras purify karma • Mantra practice and the planetary energies • The *Navagraha Pida* chant • How to use *malas* (prayer beads) • The 40-day principle of mantra practice • The spiritual diary • More

Session Four – Narayana and Brahma Mantras

Mythology as a spiritual map • Brahma – the creative principle of the universe • Two Brahma mantras • A mantra for influencing time • The Buddha's teaching and discipline • A chakra-purifying mantra • Narayana • Meditation using the Narayana hymn • More

Sessions Five & Six – The Avatar Mantras

The ten avatars of Vishnu • A Narasimha mantra for seemingly unsurmountable problems • KSHRAUM – the Narasimha seed sound • A Narasimha mantra • The Rama Taraka mantra • Ra and Ma – masculine and feminine *prana* • A Rama mantra for spiritual acceleration • The Ramayana • A Rama mantra for evoking divine help when confused • Two mantras of Hanuman for energizing *prana* • Krishna's three accomplishments • Kleem Krishna mantra to attract divine love • The Maha mantra to Krishna • The Buddhist Gate mantra to prepare the mind to receive enlightenment and cultivate *bodhichitta* • More

Session Seven – The Feminine Principle in Mantra Practice

Power as a feminine force • How mantras awaken kundalini *shakti* • Yogi Bhajan • Six types of *shakti* • *Para shakti* • *Nana shakti* • *Iocha shakti* • *Kriya shakti* • Kundalini *shakti* • Mantra *shakti* • The Vedic feminine trinity • Lakshmi • A Lakshmi mantra • A Durga mantra • A Saraswati mantra • The “Queen of Knowledge” Saraswati mantra for worldly and spiritual wisdom • More

Session Eight – The Masculine Principle in Mantra Practice

Consciousness as a masculine force • The masculine trinity • Brahma, Vishnu, and Shiva • Aspects of Shiva • Shiva Rudra • Shiva Pashupati • Shiva Mahadeva • Shiva Lingaraj • Shiva Nataraj • Shiva Yogaraj • Shiva Alguda • Shiva Mahakala • Shiva Shankar (or Shambhu) • Shiva Mahesh • Shiva Bhuteshwara • Shiva and Parvati • The Skhanda and Parvati good luck mantra • Ganesha mantra to unite *siddhi* and *buddhi* • More

Session Nine – Mantras and Health

What mantras can and cannot do regarding our health problems • Cases of physical healing through mantras • The Saturn mantra • The Ganesha mantra • The Celestial Physician's Dhanvantre mantra • Two sun mantras • Rama and Guha • A Rama mantra • An Apadamapa mantra • “Healing of Difficulties” mantra • The Markandaya (or Mahamrityunjaya) mantra – “that which defeats death and disease” • The Divine Child Markandaya • The effects of the planets on the organs • Sun – circulatory system, thymus, spine • Moon – gastric processes, breasts, fluid systems • Mercury – lungs, sensory organs, thyroid • Venus – throat, kidneys, female sexual organs, thyroid • Mars – adrenal glands, male sexual organs • Jupiter – liver, gallbladder, posterior pituitary • Saturn – spleen, skeletal system, skin, anterior pituitary • More

Session Ten – Mantra Attunements

Three mantra attunements comprising the Apadamapa mantra (to Rama), the Markandaya mantra (to Shiva), and the Gayatri mantra (to Divine Light) • More

Session Eleven – Tibetan Buddhist Mantras

The origins of Tibetan Buddhism • Buddhism and Bön Po spirituality • Padmasambhava – a Tantric master from India • Sanraksita • Yab and Yum – masculine compassion and feminine wisdom • Maha Bhairava – a guardian diety of Hinduism and Buddhism • Vajrapani, The Great Initiator • Vajrapani mantra for “dynamic peace” • The Vajrasattwa “Thunderbolt of Dynamic Peace” mantra • The Kalachakra mantra and teachings for perfection of the divine vehicle • The Om Mani Padme Hum mantra • More

Session Twelve – The Gayatri Mantra

The Gayatri mantra, essence off all mantras • The spiritual powers of this master mantra • Attuning with the seven spheres of light • King Vishwamitra and the origins of the Gayatri mantra • The long form Gayatri mantra • The short form Gayatri mantra • What do you want to become? • Self-inquiry and the larger path of mantra practice • More



For a free catalog of audio and video tapes,
call Sounds True: 800-333-9185.

SOUNDS TRUE

P.O. Box 8010, Boulder, CO 80306
Ph. (303) 665-3151 • FAX (303) 665-5292
www.soundstrue.com